

SIMPLY FORMULATED TO DELIVER MORE.

SLEEP BENEFITS™

Enjoy a Peaceful Night's Slumber*

- · Calms an agitated mind*
- Helps you fall asleep faster*
- · Promotes deeper sleep*
- Contains a highly bioavailable, clinically active form of ashwagandha*

Getting enough sleep is essential to think clearly, remain in a good mood, and to feel refreshed and energized. But sleep's impacts don't stop there. Chronic sleep deprivation can contribute to obesity, heart disease, gut dysfunction, and poor immunity. Unfortunately, being unable to get a refreshing night's sleep is one of the most common complaints in today's fast-paced world. That's why DaVinci® Laboratories offers Sleep Benefits™, the most powerful and well-absorbed sleep formula available.*

Fall Asleep Faster*

Sleep Benefits™ contains ingredients that calm racing minds and lead to a state of tranquility.* For example, ashwagandha promotes healthy levels of the stress hormone cortisol.* L-theanine helps the body make calming amino acids, which leads to deep muscle relaxation and improved quality sleep.* Lemon balm also calms the mind and supports healthy cortisol levels.*

Sleep Longer and Deeper*

Melatonin is included in Sleep BenefitsTM because it can promote a deeper sleep and increase rapid eye movement (REM) sleep and dreaming.*

People who supplement with melatonin also take less time to fall asleep and sleep longer.* They wake up more refreshed, rejuvenated, and in a better mood.*

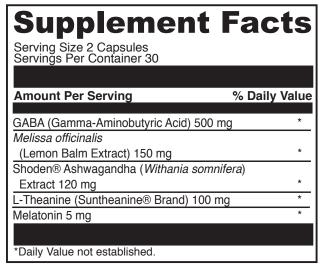
Impressive Absorption

Sleep Benefits[™] contains Shoden®, a special kind of ashwagandha. Normally, ashwagandha extracts are standardized to 2.5% withanolides, their main active component. Shoden has 35% withanolides for superior absorption and effectiveness.* It's a powerful and fast-working way to promote relaxation and sleep.*

Sleep Benefits™ is Recommended For:

- Difficulty sleeping*
- Waking up unrefreshed*
- Balancing the stress response*
- Regulating sleep-wake cycles*
- Optimizing overall health through restorative sleep*

Suggested Use: As a dietary supplement, take 2 capsules before bedtime, or as directed by your healthcare practitioner.



Other ingredients: hypromellose (capsule), microcrystalline cellulose, vegetarian leucine.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

Caution: This product may cause drowsiness; use caution in operating automobiles and heavy machinery. Do not take with alcohol as drowsiness can increase. Discontinue use 2 weeks prior to surgery.

VEGETARIAN / GLUTEN FREE / SOY FREE



Shoden® is a registered trademark of Arjuna Natural Pvt. Ltd.



Suntheanine ${\bf B}$ is a registered trademark of Taiyo International, Inc.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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